



CHANGES ARE COMING TO THE WIC FOOD PACKAGES NEXT YEAR!

Federal Regulations have changed the foods that WIC participants will receive in order to improve the nutrition and health of the nation's low-income pregnant women, new mothers, infants and young children. These changes will be in place by October 1, 2009.

MAJOR CHANGES TO THE WIC FOOD PACKAGES

New foods

Fresh fruits and vegetables (possibly frozen and/or canned)

Whole wheat/whole grain bread and whole grain cereals

Baby foods - fruits and vegetables for all infants and meat for exclusively breastfed infants

Possible alternatives that State agencies may choose

Soy beverage and tofu

Brown rice, bulgur, oatmeal, barley, soft corn and whole wheat tortillas

Canned beans

Canned salmon, sardines, and mackerel

Current foods

Less milk, eggs, juice and cheese for women and children.

Less infant formula for breastfed and older infants.

Whole milk only for 1-2 year old children

Lowfat, Reduced Fat or Skim milk for all women and children over 2 years old.

A Food Package Committee consisting of State WIC staff, members of food organizations, a wholesale distributor, Nutritionists, Program and Breastfeeding Coordinators and participants meets every month to discuss these new regulations. This group is researching foods for product information, cost and availability and will make recommendations to the State WIC Office for final approval. Training on the new rules for participants and WIC authorized vendors is expected to occur in April, 2009. If you have any questions, please feel free to contact us.